

You Can Be
The Happiest Woman in the World
A Treasure Chest of Reminders

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Translated by
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TRANSLATOR'S FOREWORD

The pursuit of happiness — is something that concerns us all, no matter where we live or what our station in life is. In this book, Dr. al-Qarni explores the path to finding happiness. Drawing on Islamic teachings and the wise words of Muslim scholars down throughout the ages, as well as the voices of experts and high achievers from both east and west, he highlights profound truths in brief, easily-grasped segments that anyone can find time to read no matter how busy his life is.

Realistically enough, he makes it quite clear that life in this world will never be perfect (that will only happen in Paradise, of course), but it is within our ability, with the help of Allah, to make the most of what we have in this world and attain a level of contentment and happiness no matter what our lot in life is.

There are important lessons to be learned here: faith, hope, patience and acceptance... and never underestimate the power of a smile.

This is a good book for busy women, regardless of their role in life, whether they are wives, mothers or working women (or all three), containing short, snappy passages that lead to greater truths. Grasp the “sound bites” now, but do not forget to come back to the Islamic legacy to deepen your knowledge of the concepts mentioned here.

May Allah reward the author for his work and for bringing important lessons to busy people.

Huda Khattāb

INTRODUCTION

Praise be to Allah, the Lord of the Worlds, and blessings and peace be upon the Messenger of Allah and upon his family and Companions and those who follow him.

This book urges the Muslim woman to rejoice in her religion and in the grace that Allah has bestowed upon her. It brings hope and glad tidings to everyone who feels distressed, depressed and burdened with many worries. It invites the Muslim woman to expect a way out and to look forward to ease after hardship. It addresses her rational mind and pure heart, telling her to be patient and seek reward with Allah, do not despair, do not give up, be optimistic, for Allah is with you, Allah is sufficient for you, Allah, the Almighty, will protect you.

My sister, read this book, for it contains clear and unambiguous verses from the Qur'an, true hadiths, sound ideas, inspiring stories and the wisdom of obedience. Read this book and chase away the traces of sadness, the specters of distress, the nightmares of fear and anxiety. Read this book to help you cleanse your mind of the clutter of illusions and devilish whispers, and show you the way to a sense of tranquility, faith, joy and happiness. May Allah give you happiness in this world and in the Hereafter, and bestow His Favour upon you, for He is the Most Generous, Most Kind.

I have presented this book as a treasure chest filled with beautiful ideas with which you may adorn your life. It contains

pearls of beauty and truth that surpass the brilliant lure of gold and silver.

If you have this book in your hands, you should not care about any worldly adornments, empty decorations, false appearances or transient fashions. Adorn yourself with these treasures and wear them on all special occasions in life, at all times of joy and celebration, so that you will be — if Allah wills — the happiest woman in the world.

The way to happiness is to be found in clarity of knowledge and soundness of education. This cannot be achieved by reading romantic fiction that takes the reader away from reality and is filled with rosy dreams and dizzying illusions, but which leads to frustration and depression. Indeed, the matter is even more serious than that, such as the stories of Agatha Christie, which teach about deceit, crime and robbery. I have read the series entitled *The Best of World Fiction*, a selection of exciting, Nobel Prize-winning stories, and I found that these stories contained many serious mistakes and a great deal of foolishness. Undoubtedly, some of the best of world fiction includes some stories that are good from a purely artistic point of view and with regard to the skill of storytelling, such as *The Old Man and the Sea* by Earnest Hemingway, and other such stories that avoid immoral content, decadence and other signs of literary decline.

Every wise woman should read the books of our sound (Arabic and Islamic) literary heritage, such as the books of aṭ-Ṭanṭāwī, al-Kīlānī, al-Manfalūṭī, ar-Rāfi‘i and so on, those of a pure and clear conscience who carry a clear message. I have only mentioned this because I am keen for my book to be free of any foreign influence, deviation or trivia. How many people have fallen victims to articles or stories that they have read. And Allah, the All-Glorious, is the One Whose protection we seek.

Whatever the case, there is nothing better than the stories told by Allah in His Book, and by His Messenger in the Sunnah, and the glorious history of the righteous, the caliphs, scholars and pious people. So be of good cheer and rejoice in the blessing of Allah, for you are blessed in your religion and guidance, your ‘*aqīdah*’ (belief) and heritage.

Dr. ‘Ā’id al-Qarni

WELCOME!

Welcome, O' devout, Allah-fearing woman who prays and fasts.

Welcome, O' wise, dignified woman who observes *ḥijāb*.

Welcome, O' aware, well-read and educated woman.

Welcome, O' charitable, sincere, trustworthy and loyal woman.

Welcome, O' patient woman who seeks reward from Allah, repenting and turning to Him.

Welcome, O' woman who remembers Allah and gives thanks to Him, and calls upon Him.

Welcome, O' woman who follows the footsteps of Āsiyah, Maryam and Khadījah.

Welcome, O' mother of heroes and producer of men.

Welcome, O' cherisher and guardian of values.

Welcome, O' woman who heeds the sacred limits of Allah and keeps away from forbidden things.

YES!

Yes to your beautiful smile that sends a message of warmth and friendliness to others.

Yes to your kind words that establish friendship as permitted in Islam and dispel rancour.

Yes to acceptable charity that brings happiness to the poor and feeds the hungry.

Yes to sitting with the Qur'an, reciting it, pondering its meanings and acting upon them, and repenting and seeking forgiveness.

Yes to remembering Allah a great deal and praying for forgiveness, persisting in *du'ā'* and offering sincere repentance.

Yes to raising your children in Islam, teaching them the Sunnah and guiding them to that which will benefit them.

Yes to modesty and *ḥijāb* as enjoined by Allah, which is the means of self-protection.

Yes to the friendship of good women who fear Allah, love Islam and respect high values.

Yes to honouring one's parents, upholding the ties of kinship, honouring one's neighbours and caring for orphans.

Yes to reading useful, interesting and beneficial books.

NO!

No to wasting time in trivial pursuits, and love of revenge and futile arguments.

No to giving priority to money and accumulation of wealth over one's health, happiness, sleep and peace of mind.

No to seeking out other people's faults and backbiting about them, whilst forgetting one's own faults.

No to indulging in physical pleasure and giving in to every whim and desire.

No to wasting time with shallow people and spending hours in idle pursuits.

No to neglecting physical hygiene and cleanliness in the house, and being disorganized at home.

No to *ḥarām* drinks, cigarettes, narghile ("hookah pipes"), and all foul things.

No to thinking of past calamities and dwelling on past mistakes.

No to forgetting the Hereafter and neglecting to strive for it, and to being careless of what will happen in the Hereafter.

No to wasting money on *ḥarām* things, being extravagant with regard to permissible things, and falling short in acts of worship.

TEN THOUGHTS TO PONDER

1. Remember that your Lord forgives those who ask Him for forgiveness, and He accepts the repentance of those who repent, and He accepts those who come back to Him.
2. Show mercy to the weak and you will be happy; give to the needy and you will be well; do not bear grudges and you will be healthy.
3. Be optimistic, for Allah is with you, and the angels are praying for forgiveness for you, and Paradise awaits you.
4. Wipe away your tears, think well of your Lord, and chase away your worries by remembering the blessings that Allah has bestowed upon you.
5. Do not think that this world is ever perfect for anyone. There is no one on the face of the earth who gets all that he wants or is free from all kinds of distress.
6. Be like a tall tree with high aims; if a stone is thrown at it, it simply lets its fruits drop.
7. Have you ever heard that grief brings back what has been lost, or that worry corrects mistakes? So why grieve and worry then?
8. Do not expect trials and calamities, rather expect peace, safety and good health, if Allah wills.

9. Extinguish the flames of hatred from your heart by forgiving everyone who has ever hurt you.
10. *Ghusl*, *wuḍū'*, *siwāk* and being organized are effective medicines for all kinds of distress and worry.

THINK ABOUT IT...

1. Be like the bee, which lands on fragrant flowers and fresh branches.
2. You do not have time to seek out people's defects and mistakes.
3. If Allah is with you, then whom do you have to fear? If Allah is against you, then what hope do you have?
4. The fire of envy consumes the body, and excessive jealousy is like a raging fire.
5. If you do not prepare today, then you will not be able to do anything tomorrow.
6. Withdraw peacefully from places where idle arguments are going on.
7. Let your morals and attitudes be even more beautiful than a garden.
8. Do acts of kindness and you will be the happiest of people.
9. Leave people to their Creator, leave the envier to death, and forget about your enemy.
10. The pleasure of *ḥarām* actions is followed by regret, loss and punishment.

Chapter 2